

Invasion!
Army's Green Team
battles invasive species

See p. B-1.



1st Lt. Shea Orr; 2nd Battalion, 11th Field Artillery Regiment; 2nd Stryker Brigade Combat Team; 25th Infantry Division
Sgt. James Weathersby (front left), section chief, Battery B, 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, gives the order to fire the M777 during a battalion live-fire exercise, at PTA, Feb. 14. The M777 sections were certifying in preparation for an upcoming training rotation at the National Training Center at Fort Irwin, Calif.

Best Warrior Competition tests top Guard, Reservists

Story and photos by
STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity, Hawaii News Bureau
MARINE CORPS TRAINING AREA BELLOWS — From written exams to battle drills, 25 Hawaii Army National Guard and U.S. Army Reserve Soldiers competed together for the first time during the Best Warrior Competition, here, Feb. 27-March 2, to test their skills and readiness.

The first day examined the Soldiers' professional appearance and Army knowledge aptitude, while the following three days pitted their mental and physical fitness against events such as weapons assembly, reflexive fire, care under fire, escalation of force, land navigation and a Modern Army Combatives (MAC) competition. For some Soldiers, the third day's 6-mile timed road march proved the most difficult task. Soldiers were tasked to carry a full rucksack and finish the march in less than two hours to receive points toward the competition. "The most challenging part would be the ruck march," said Spc. Cambron Kuloloio, interior electrician, 103rd Troop Command, HIANG. "I just had to keep on going and trucking through. It's all downhill from here." For Sgt. 1st. Class Christian Staszkw, cavalry scout and recruiting and retention noncommissioned officer in charge, USAR-Pacific Recruiting



Pfc. Crusier Barnes, cavalry scout, 29th IBCT, HIANG, nears the finish of a 6-mile course during the Best Warrior Competition, March 1. Barnes took first place out of 25 Soldiers competing.



Approaching the finish line, Sgt. Brian Trukki, combat medic, 29th IBCT, HIANG, takes 2nd place. The competition is designed to test elite Guardsmen and Reservists in their Army aptitude, including warfare simulations, board interviews, PT tests and battle drills.

Retention Battalion, the motivation to test his skills against younger competitors made the entire competition difficult, yet inspiring. "If you take it negatively, it can be rough because a lot of guys competing here are in their early 20s and I'm in my early 30s," Staszkw said. "I wanted to challenge myself amongst my (competition)."

Although he may be older than other competitors, Staszkw knew that Soldiers, family and friends back home were rooting for him. "On the Big Island, I have a lot of support and a lot of people rooting for me to come here and do well," Staszkw said. "I figured I would come over here and show what the Big Island's got."

Aside from the difficulty levels of each individual event, Soldiers also needed to combat fatigue during the competition as its structure allowed for minimal rest time between events. "I think every part of the competition is hard," Staszkw said. "Going into the next day you have already beaten yourself up. You're a little bit sleep deprived, but you just push on. Find the motivation to do what you've got to do the next day, and take care of the task at hand."

By the fourth day, competitors were offered one final opportunity to rack up points during MAC.

See BWC A-3

Bronco CBRN warriors compete for best

SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs, 25th Infantry Division
SCHOFIELD BARRACKS — Soldiers from 3rd Brigade Combat Team, 25th Infantry Division, recently competed in the first-ever 3rd BCT Chemical, Biological, Radiological and Nuclear (CBRN) Warrior Competition at Area X, here. "Being able to actually do my MOS (military occupation specialty) and being away from the office environment is what I enjoyed about the competition," said Staff Sgt. Farrah S.L. Burley, CBRN noncommissioned officer, 3rd Battalion, 7th Field Artillery Regiment, 3rd BCT, 25th ID.

The competition was broken down into several phases. Each Soldier had to complete a series of tactical lanes involving standard CBRN tasks pulled straight from the technical manual. After completing the three individual lanes, they had to complete a 6 mile ruck march with a total weight surpassing 35 pounds in their rucks. During the ruck march, the competitors faced a daunting task that would test their resolve; each Soldier had to suit up into full CBRN protective gear (MOPP Level 4), go through the gas chamber and then continue the ruck march. "The hardest part for me was ruck marching for over 6 miles and donning the CBRN protection gear to react to chemical attacks along the way," said Capt. Pete Aching, CBRN officer, 3rd BCT. After the march, the Soldiers were given a knowledge test that turned out to be tougher than some thought it would be. "The hardest part of the competition was the exam, to be honest," said Burley. "I don't know if it was a trick on words, but the questions I thought I definitely knew, I didn't."

As soon as the test was complete, competitors headed to the last event where they had to evacuate a casualty wearing all protective gear. To conclude the competition, 3rd BCT leaders Col. Brian S. Eifler and Command Sgt. Maj. Timothy Johnson held an awards ceremony with trophies for the 1st and 2nd place winners.



Capt. Pete Aching, 3rd Brigade Combat Team, 25th Infantry Division
Soldiers from 3rd BCT, 25th ID, employ CBRN detection assets during the Bronco CBRN Warrior Competition at Area X, Feb. 19.

HRC team briefs officers on changes

Story and photo by
SGT. JESSICA A. DUVERNAVY
25th Infantry Division Public Affairs
SCHOFIELD BARRACKS — A mobile training team (MTT) from U.S. Army Human Resources Command (HRC), Fort Knox, Ky., recently conducted mandatory training and answered questions for the new Officer Evaluation Report (OER).

The new format, scheduled to take effect April 1, will give a more thorough view of officers as individuals and not just based on the job that they do, said Maj. Nate Forrester, an assignments officer with HRC. "In the long run, it will allow officers to get a complete picture of who that officer is as a leader, his attributes and his competencies," he continued. "We are assessing these officers for not just what they did the last 12 months, but relating it to that officer's character, leadership potential and how that officer assesses their own peers in their formation."

Maj. Willie Rayford, another assignments officer with HRC, emphasized that the changes aren't a result of a failing form, but rather an enhancement to the already existing form. The current OER was for all Army officers; their rank and job had nothing to do with the way they were evaluated, Rayford said. Basically, it was a one-size fits all type of form. The new form will allow officers to be rated at the level they are assigned to, whether it is company grade, field grade, strategic level or as the brigadier general. The OER will set new guidelines as to who will be rating individuals on their performance.

See NEW OER A-3

Winners
The following emerged victorious:
•1st place, Staff Sgt. Farrah S.L. Burley, 3-7th FA Regt., and
•2nd place, 1st Lt. William Sanborn, 3-4th Cav. Regt.



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Website:
www.hawaiiarmyweekly.com
Nondelivery or distribution
656-3155 or 656-3488

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Resiliency stressed at Nat’l Prayer Breakfast

Story and photo by
SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — “Being here today is a very special opportunity to recognize the influence, the direction and what authenticates freedom, and that’s faith,” said Dave Roever to the large gathering of Soldiers and family members who packed into the Main Post Chapel, here, in the early hours of Tuesday for U.S. Army Garrison-Hawaii’s 2014 National Prayer Breakfast.

A Vietnam War veteran, Purple Heart recipient and guest speaker for the event, Roever is a resiliency speaker who travels the globe sharing his personal story of triumph over tragedy.

“Everybody gets hurt. I wear my scars on the outside, but most of you wear your scars on the inside,” said Roever, who was serving as a riverboat gunner in the U.S. Navy’s elite Brown Water Black Beret when a phosphorous grenade he was poised to throw exploded in his hand, leaving him burned beyond recognition and landing him in the hospital for 14 months.

“A scar is nothing to be ashamed of. A scar is evidence that you got hurt, and a scar is evidence that you got over it,” Roever said. “And when you’ve suffered for America, don’t you love her so much more? Sometimes it hurts; sometimes the price you pay is a lot more than what that recruiter told you.

“Oh, but what you do, and who you are, and that uniform you wear and the nation you defend, oh my gosh,” he said, “it’s all worth fighting for. Because if there’s nothing worth dying for, there’s nothing worth living for.”

Roever’s message left a strong impression with Soldiers in the pews, which, according to Chaplain (Col.) Robert Phillips, command chaplain, USAG-HI, is the whole purpose of the annual breakfast.



Dave Roever shares his personal story of triumph over tragedy to Soldiers and families during USAG-HI’s 2014 National Prayer Breakfast at the main post chapel.

“One of the important things that the Army faces right now is the issue of resiliency, and spiritual resiliency is a big component of who we are as individuals and how we function as families and in our units,” explained Phillips. “The National Prayer Breakfast is an opportunity for us to come together for just a short time for fellowship, to hear an inspirational speaker, to really focus on who we are as spiritual beings and where we are in our faiths, and it’s an opportunity for us to think about how we can strengthen our spiritual resiliency.”

“It just inspires me to hear the speakers, and it inspires me to continue doing my best and knowing that, for me to be able to do my best, I can help others as a leader,” agreed Staff Sgt. Carlos Ramirez of Operations Company, Headquarters and Headquarters

Battalion, 25th Infantry Division.

“I think that, despite what we go through every day, if we just endure the challenges, it allows everyone else to enjoy the freedoms that we have,” Ramirez added. “(Roever’s speech) encouraged me to just endure, knowing that it’s for a good cause.”

“If I’ve said nothing but these two words, I’ve accomplished my mission: ‘Thank you,’” said Roever. “I love the people who serve our nation to keep us free, and so today, I came to say ‘thank you’ and to present the challenge of resiliency to the military, as they are now facing a challenge of what to do with their lives as we draw down in 2014 out of Afghanistan.

“There is so much uncertainty,” Roever added, “but there is always certainty in faith, and that’s what we came to do.”

BRIDGING THE BASICS

Mentoring junior Soldiers is a critical legacy

1ST SGT. DARRON WILSON
Operations Company
U.S. Army-Pacific

The duties and responsibilities of leaders are broad and complex.

Leaders in the Army are multifunctional and must be versatile to fulfill their responsibilities and duties to the highest standards.

Our Army has been at war for more than a decade, and our Soldiers have repeatedly proven themselves in combat by completing multiple deployments. Now that we have returned to a garrison environment, there is a need to bridge the basics.

Some things were lost with the hectic nature of deployments and the high up-tempo the Army has seen in recent history. Things like vehicle and weapons maintenance, barracks and Class A inspections, and drill and ceremony, aren’t glamorous activities, but they are im-



Wilson

portant for instilling discipline and esprit de corps in junior Soldiers. These things are particularly important to junior Soldiers who have little to no experience in these activities because of the previous heavy emphasis of deployment readiness.

Today’s leaders have the critical responsibility to develop future leaders to meet tomorrow’s challenges. In Operations Company, U.S. Army-Pacific, an essential component of development is mentoring, usually a familiar exchange from senior noncoms to junior Soldiers, conducted with a professional and caring rapport. Mentoring often focuses on our unique military culture and frequently addresses professional development concerns.

Mentoring is about one-on-one, face-to-face counseling, to prepare junior leaders for increased responsibility. A successful mentor can significantly influence character and values while guiding Soldiers through the fundamentals of basic soldiering.

This guidance leads directly into the importance of mentoring, particularly senior leaders mentoring junior Soldiers. The experience and longevity possessed

by our senior leaders in both wartime and garrison environments are instrumental in the development of young Soldiers. They know what it is like to have regular Class A inspections and remember when drill and ceremony was practiced every day.

These are just a few examples, and they may not be the most important or relevant to every unit, but their general value is evident.

One more specific example is that of vehicle and equipment maintenance. The importance of maintaining and caring for equipment has always been one of the most vital aspects to our Army. As leaders, we must ensure that our younger Soldiers continue to emphasize both. In a time of downsizing and budget cuts, money will be less available to spend on new equipment, so taking care of what you have is of the utmost importance.

Mentoring begins with the leader setting the right example. Leaders mentor Soldiers every day in a positive or negative way, depending on how they live the Army values and function as a leader. Mentoring allows junior leaders to see a mature example of values, at-

tributes and skills in action, and to develop their own leadership abilities accordingly, to include allowing our protégés to make mistakes during their training. Without the proper command climate, mentorship cannot be practiced.

Leaders in my unit also aid in developing their short-term career plans, and caring is the core of mentorship. However, mentoring is not without a degree of risk, disappointment, failure and rejection — though these should never be a reason to give up.

Mentoring requires leaders to look for and take advantage of teaching/coaching moments, opportunities to use routine tasks to build skills and confidence in subordinates.

Mentoring should not be limited to formal sessions; every event should be considered a mentoring opportunity, from quarterly training briefs to after-action reviews to casual recreational activities. We must share our knowledge and instruct junior Soldiers in technical, leadership and management skills.

The most important legacy of today’s senior leaders is to mentor junior leaders to fight and win future conflicts. Mentoring develops great leaders to lead great Soldiers.

FOOTSTEPS in FAITH

How would your evaluation look if your family rated you?

CHAPLAIN (MAJ.) MIKE DERIENZO
25th Combat Aviation Brigade
25th Infantry Division

Officers were recently briefed on changes to the Officer Evaluation System and Officer Evaluation Report (OER) form.

In fact, there will be a few different forms based on grade.

The changes will define who the future leaders of the Army will be.

Officers will be measured on the new evaluation forms in dimensions including character, presence and intellect. In addition to OERs, officers will continue to measure their physical fitness through the physical fitness test.

Then there is the Global Assessment Tool that allows us to self-assess our

physical and psychological health based on the five dimensions of strength: social, emotional, spiritual, family and physical fitness.

We also have the Multi-Source Assessment and Feedback process that allows a leader to be evaluated by peers, superiors and subordinates. There is no shortage of tools to measure how we are performing in many dimensions as professional Soldiers.

However, I want to propose one more assessment that is possible for us. What



DeRienzo

if family members evaluated us? How would your spouse or children evaluate you? How many of us would be rated above center mass or most qualified?

If you’re single, what if a parent or trusted advisor like a coach or pastor evaluated you? Would those who know us best say we consistently display loyalty, duty, respect, selfless service, honor, integrity and personal courage?

My faith encourages me to work hard and obey those in authority over me.

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters” (Colossians 3:23).

It is important for each of us to work hard and please those who have been put in authority over us for several

months at a time. It is even more important for us to invest in our relationships with those who we will relate to over a lifetime.

Most of us know what it takes to perform our daily duties and get promoted to the next level at work. Take some time to identify what it will take to serve and lead your family well. Identify concrete ways to ensure that you are on track to receive excellent evaluations as a spouse, parent or family member.

Consider writing a mission and vision statement for your family. May God richly bless you as you invest in those who are most important to you.

Consult your unit chaplain if you would like some advice on getting a “top block” rating at home!

Voices of Ohana

March is Women’s History Month, so we want to know:

Who is your strong female role model?

Photos by 500th Military Intelligence Brigade



“My mommy! She has sacrificed so much for the health and happiness of my siblings and me.”

Sgt. Victoria Camacho
Supply Specialist,
205th Military Intelligence Battalion



“My grandmother. She taught me to always be a humble person and to put God first.”

Staff Sgt. Taniel Camara
Supply specialist,
205th Military Intelligence Battalion



“My aunt. She has always inspired me to be strong, independent and to seek my own path.”

Sgt. Rebecca Gerrish
Human Resources,
205th Military Intelligence Battalion



“Condoleeza Rice.”

Spc. Christopher Heck
Intelligence analyst,
205th Military Intelligence Battalion



“I couldn’t stand here today if it wasn’t for my mother (providing child care) for me during deployment.”

Staff Sgt. Kadetra Robinson
IT Specialist,
205th Military Intelligence Battalion



Photo courtesy 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

Bronco’s fix computers during the recent ELDP, marking the first iteration of the course conducted locally at Schofield Barracks’ JRTC instead of at Fort Polk, La.

Broncos ‘enhance’ leaders at first local ELDP course

SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — 3rd Brigade Combat Team “Broncos,” 25th Infantry Division, became the first Soldiers to go through an Enhanced Leader Development Program (ELDP) at the Joint Readiness Training Center (JRTC), here, Feb. 24-27.

The ELDP was the first course JRTC has conducted away from Fort Polk, La.

Since 1993, the JRTC has been hosting units at Fort Polk to improve unit readiness by providing highly realistic, stressful, joint and combined arms training across the full spectrum of conflict.

This year, that all changed, when 3rd BCT became the first unit to have the JRTC come to them.

“Task Force Bronco was unable to partici-

pate in a Combat Training Center rotation, so it was determined that the JRTC would send the Leader Training Program (LTP) civilian coaches and Operations Group observer coach trainers (OCT) to assist the BCT,” said Col. Randall Harris, deputy commander, Operations Group, JRTC.

By having the JRTC come to Hawaii, 3rd BCT was able to interact with the LTP coaches and OCTs that may not have been possible otherwise, according to Harris.

The JRTC assists commanders at all levels to identify unit training deficiencies, while providing feedback to improve the force, and prepares units for success on future joint battlefields.

“This was a successful exercise due to the Bronco leadership’s focus on training and the partnership between the Broncos, LTP coaches, OCTs and the Mission Training Center,” said Harris.

BWC: Best advance

CONTINUED FROM A-1

“(MAC) puts you in an element where you are uncomfortable,” Staszkw said. “Nobody wants to be in front of people competing, so you’re nervous, but when you actually engage everyone is going 110 percent, and you really get to see what you’ve got.”

Staszkw ended up winning the MAC’s NCO category for USAR-Pacific. While he found himself in difficult situations during the competition, he managed to keep his calm when challenges arose.

“Whether you do good or bad, you have to move on to the next phase of the competition and let go of whatever you just completed,” Staszkw said. “Truck on, like a true Soldier.”

There were opportunities for some to work together as a team throughout the experience.

“Coming from American Samoa, back on the island and getting to meet other Soldiers from different units, here, allows us to share experiences,” said Pfc. Josh Puni, infantryman, 442nd Inf. Regiment, USAR. “Some of the skills that are learned here I will teach my comrades back home.”

The winners of the BWC will represent the Guard and the Reserve at the next level.

HIANG winners will represent the state at the 2014 ARNG Region 7 Competition.



Maj. Willie Rayford, assignments officer, HRC, briefs Schofield Barracks officers about the upcoming changes to the OER during a recent visit. The changes are slated to take effect April 1, as the Army is shifting to ensure the best and brightest officers remain in the ranks.

New OER: Army’s goal remains to find the best officers

CONTINUED FROM A-1

“The way that this is going to benefit the officer is, it’s going to give the officer a more (fair) assessment of their duty performance while on the job,” said Forrester. “We have now specified in the new Army Regulation 623-3 and Department of the Army Pamphlet 623-3 as far as who will be the rated officer’s rater and who will be the senior rater.

As the Army reshapes, the new OER allows officers to grow in their careers.

“This is a culture change. This is a change to the way they are doing business. I think it is appropriate,” said 1st Lt. Sarah Davidson, S-1 officer for 728th Military Police Battalion, 8th MP Brigade, 8th Theater Sustainment Command. “This is a change, and the Army is always evolving. I think it’s awesome to have people from HRC train us; it’s nice to have that support.”

Rayford agrees that, although the format and forms are changing, the idea is the same.

“The main goal is still the same, to identify the best and brightest officers in the Army. We can identify the potential those officers have to hold greater responsibility,” he said.

As the Army continuously changes, the standards have not, and this training will offer a better look at the leaders and future leaders of the Army.

PTA

POHAKULOA TRAINING AREA, HAWAII

Guard casts Shadows in the shadow of Mauna Kea

COL. ED TOY
Deputy Brigade Commander
29th Infantry Brigade Combat Team
Hawaii Army National Guard

Amongst the shadows and the crisp, cold air between two of the tallest mountains in the world huddles a leader, his Soldiers and their Shadows.

In this case, the Shadows are unmanned aerial vehicles (UAVs).

Earlier this year, Lt. Col. James Barros, commander, 29th Brigade Special Troops Battalion, Hawaii Army National Guard, and members of his Tactical Unmanned Aircraft System (TUAS) platoon conducted training flights for the first time, here, on the island of Hawaii.

Mauna Kea and Mauna Loa mountains provided the backdrop as the platoon prepared one of the first Shadows for flight.

The RQ-7B Shadow 200 has a 14-foot wingspan, weighs 380 pounds and can stay aloft for more than five hours providing reconnaissance, surveillance and target acquisition. It is a relatively small, lightweight and rapidly deployable short-range reconnaissance system capable of providing ground units with near real-time video imagery, day or night.

This key asset of the 29th Infantry Brigade Combat Team is a force-multiplier that can be integrating in a combined arms tactical mission where target acquisition and reconnaissance are vital to mission success.

Paramount to the readiness of the TUAS platoon is the ability to train as often as possible in field conditions where the platoon can actually fly the Shadow. Given the inherit flight restrictions UAV platforms traditionally have in Hawaii, access to a premier training area like that at PTA is vital to the TUAS platoon’s proficiency in operating the Shadow. With a full complement of vehicle-mounted command and control systems of the TUAS, Soldiers clearly see the value of training as frequently as possible to maintain their skill sets.

“The technical skill sets associated with this capability are perishable; it is essential to do hands-on training like this whenever possible,” said Lt. Col. James Barros. “Access to PTA and the small airfield specifically designed for UAS training is critical to our readiness.”

To serve as one of the operators of the Shadow, these pilots had to complete the Army’s rigorous six-month school at Fort Huachuca, Ariz., in order to qualify for an assignment with the TUAS platoon.

UAV operators are a small community in the Army, with many of the Soldiers having multiple tours in Iraq and Afghanistan supporting for-



Soldiers from the 29th BSTB, HIANG, ready the Shadow UAV for launch on the mobile catapult, at PTA, recently.

ward deployed ground combat units. In fact, Soldiers from the 25th Inf. Division trained with the HIARNG operators during this particular field exercise on PTA.

“The Shadow offers another set of eyes for the commander,” said Chief Warrant Officer Chakib Benachour, TUAS platoon member, Company B, 29th BSTB.

With more training, this can become a key platform for future training scheduled at PTA for active, Guard and Reserve forces.

“Having the National Guard’s UAVs at PTA can be mutually beneficial for any other unit training here,” said Lt. Col. Eric Shwedo, commander, PTA. “Because of the diversity of units that use PTA, the Hawaii Guard’s Shadows can be integrated into numerous joint and combined exercise scenarios.”

“We will continue to access PTA as a vital training area,” said Col. Steve Logan, commander, 29th IBCT. “Our aim is to continue to utilize the Shadow and future weapon systems at PTA be-

cause it is an ideal training environment. As Guardsmen, we have our drills on weekends, giving us little time to sustain our proficiency on technical systems like the Shadow. That is why our partnership with PTA is paramount to our readiness.”

Logan continued, “Our aim is to eventually support multiple units that will come together to synchronize a comprehensive combined attack scenario with artillery, helicopters and ground forces. PTA is the right fit for our mission set.”

An Ideal Location

The uniqueness of Pohakuloa Training Area is that its remoteness lends itself well for maneuver training of ground and air units.

Its high altitude and austere conditions have been ideal training areas for Army and Marine units from around the Pacific in preparation for deployments to Afghanistan.

Resembling that of a lunar or desert landscape, PTA is a special place. Mauna Kea is a dormant volcano on Hawaii Is-

land. Standing 13,803 feet above sea level, its peak is the highest point in the U.S.

However, much of Mauna Kea is below sea level; when measured from its oceanic base, its height is 33,100 feet. That’s more than twice Mount Everest’s base-to-peak height of 11,980 to 15,260 feet.

PTA has been a critical training site for U.S. military forces stationed in the Pacific since World War II. If PTA were not available, no training could be accomplished.

PTA provides unmanned aircraft system operators a larger “box” to operate in.

Know the Shadow

Launched from a mobile catapult system, the RQ-7B Shadow 200 is capable of sustained flight for up to six hours with air speeds ranging from 60 to 110 knots.

As a tactical capability for a brigade-sized headquarters, the Shadow is a versatile unmanned aerial vehicle with a suite of communications and full motion video components that make up the aircraft’s modular mission payload.

‘Got Your Back’ training emphasizes Soldiers’ role

Story and photo by
STAFF SGT. GAELLEN LOWERS
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Trust ... it’s supposed to come with the uniform.

Trust in fellow Soldiers’ actions, but also in their reactions during tough situations.

Trust that they’ve got your back on the battlefield and in life. Trust that to them, the word bystander demands a call to action when something just doesn’t seem right.

That’s the message being delivered to 8th Theater Sustainment Command troops during ongoing Sexual Harassment and Assault Response and Prevention (SHARP) “Got Your Back” training sessions held, here, and at Schofield Barracks from February through April.

Got Your Back has been adopted and adapted for SHARP training across the Army, and attended by Soldiers across the globe, from 1st Army Division East at Fort Meade, Md., to Fort Hood, Texas, to here in the Pacific.

Now, TSC troops are sitting shoulder-to-shoulder with their comrades from other U.S. Army-Pacific units, actively discussing the critical roles each and every one of them can play in preventing sexual assault and harassment.

At a late-February session, presenters Brian Golden and Kelly Ristow, from Catharsis Pro-

ductions, an independent production company that educates audiences on challenging social issues through interactive dialogs, first asked the audience to come up with a list of sexually derogatory terms to open a frank discussion about the connection of language and assault.

“With the audience involving Soldiers across all ranks, we got a much larger perspective,” said Spc. Christina Kubiak, 8th Special Troops Battalion.

Soldiers chimed in on the discussion and how individuals can recognize improper behavior, stopping it before it progresses to a crime, and how it’s a responsibility they have to each other, in and out of uniform.

By the end of the 90-minute training, the group was listing realistic ways to intervene in a harassment or assault situation, such as directly confronting the perpetrator or providing a distraction, so the victim has a chance to get away from the situation.

The scheduled sessions will overlap with the Army’s annual Sexual Assault Awareness Month in April, which is designed to raise awareness through activities that educate, promote intervention, foster a climate of dignity and respect, and emphasize the five pillars of SHARP: prevention, investigation, accountability, advocacy and assessment.



ALIAMANU MILITARY RESERVATION — Kelly Ristow (left) and Brian Golden use challenging social issues to interact with 8th TSC Soldiers at the SHARP program, Feb. 25.

Small groups key element of better SHARP training

C. TODD LOPEZ
Army News Service

WASHINGTON — In January, at the opening of the Army’s Sexual Harassment/Assault Prevention and Response Program (SHARP) conference, Chief of Staff of the Army Gen. Ray Odierno told attendees he’s heard reports of “SHARP training fatigue” among junior Soldiers.

As it turns out, Soldiers feel they don’t learn much about SHARP from looking at PowerPoint slides in a dark room with hundreds of other Soldiers packed in next to them, said Odierno.

Odierno told some 300 battalion and above commanders and command sergeants major that Soldiers have told him the number of classroom briefings has become too much. They have become numb to the subject matter, he said.

“When are we going to stop doing that?” he asked attendees. “We are not going to change the culture by giving a PowerPoint presentation on sexual assault. We have to stop it. We have to stop doing the battalion-level sexual assault brief-



Photo by Staff Sgt. Matt Scotten

The best way to train Soldiers is in small groups, among their peers, with training conducted by their everyday leadership, said the Army’s chief of staff.

ings. You get nothing done with 120 people in a room.”

Odierno said he thinks success in SHARP training, and in changing the culture of the Army from one where some may turn a blind eye to sexual assault and sexual harassment, to one where every Soldier personally finds such behavior abhorrent, will come from small-group interaction — 10 or 15 Soldiers — led by the junior leadership they interact with every day.

“They are having a discussion, and they are interacting with each other about the problem, being facilitated by leadership,” Odierno said.

Right now, the general said, statistics do not yet demonstrate a significant enough change in Army culture with regard to sexual assault.

“We still have some very serious problems regarding sexual assault,” he said. “The issue that comes through with this is it’s all ranks. It’s very senior officers down to very young privates, who are continuing to be this insider threat inside the Army.”

Those individuals threaten the good order and discipline that makes the Army what it is, he said, and that remains essential to the Army as it tries to accomplish its missions.

He said culture change means that no Soldier will accept the harassment of a fellow Soldier.

“Whether it is male-on-female, or male-on-male — they simply won’t accept it. And we are not there yet,” Odierno explained.

Dr. Christine Altendorf, director, Army SHARP, said culture changes come from leadership, from the very lowest levels all the way to the top.

“I think you have to lead by example,” she said. “I think it’s a leadership issue, and will only occur if leadership is on board with it.”

Army values, she said, are at the center of what leadership has to demonstrate to their subordinates. Some Soldiers come into the Army with a very different set of values than what the Army expects of them.

(Editor’s note: Read the full version of this story at www.HawaiiArmyWeekly.com.)

Public voting open for antitobacco videos

MILITARY HEALTH SYSTEM News Release

WASHINGTON — The Department of Defense has opened voting to the public for a tobacco counter marketing video competition called “Fight the Enemy.”

Sponsored by the Innovation Office under Dr. Jonathan Woodson, Assistant Secretary of Defense for Health Affairs, “Fight the Enemy” declares tobacco use an enemy that degrades health, fitness, work productivity and mission readiness, officials said.

Last fall, service members from around the globe submitted videos promoting tobacco-free living. Ranging from humorous to poignant, the videos focus on changing the culture and social norms that perpetuate tobacco use among service members.



Courtesy Photo

Smoking causes health — and friendship — issues.

According to the 2011 DOD Survey of Health-Related Behaviors, almost half of service members use tobacco products, which are linked to heart disease, stroke and lung diseases. The reports found higher incidences of tobacco use among junior enlisted service members, ages 18-24, whom the videos intend to reach, officials said.

“Improving the health and well-being of service members is a national imperative,” Woodson said. “We ask the defense community to help us make tobacco-free living a cultural norm by harnessing the power of social media and sharing the videos with their social networks.”

People interested in voting can see the videos on the “Fight the Enemy” website or the Military Health System’s YouTube 1 and click on the “like” button to vote.

Noting that sample social media posts are available on the “Resources” page of the “Fight the Enemy” site, officials said viewers are encouraged to share the videos through their own social media channels to increase viewership and votes.

Public voting will be open until March 14. The video with the most “likes” will be declared winner of the People’s Choice Award.

A panel of DOD judges will select winners for first, second and third place in the competition. Winners will be announced on March 19 in conjunction with National Kick Butts Day, officials said.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

TSP & Taxes — If you participated in the Thrift Savings Program during tax year 2013, you may be eligible to claim the Retirement Savings Contributions Credit, as long as your modified adjusted gross income for 2013 is not more than \$59,000, if married filing jointly; \$44,250, if head of household; or \$29,500, if you are single or married filing separately, or a qualifying widow or widower. Visit www.tsp.gov/whatnew/plan/planNews.shtml.

More Taxes — The Schofield Barracks Tax Center has walk-in appointments available on a limited basis; call 655-1040 for an appointment, or stop by their new location, at Trailer #1, Grimes Street, across from Hamilton Field and the Soldier Support Center.

Care & Benefits for Veterans — Continuing the transfor-

mation of the Department of Veterans Affairs into a 21st century organization, the president has proposed a \$163.9 billion budget, a 6.5 percent increase over Fiscal Year 2014, that will support VA’s goals to expand access to health care and other benefits, to eliminate the disability claims backlog and to end homelessness among veterans. The budget includes \$68.4 billion in discretionary spending, largely for health care, and \$95.6 billion for mandatory programs — mostly disability compensation and pensions for veterans.

U.S. Postal Service, National Park Service and Pacific Historic Parks for the unveiling ceremony of the new USS Arizona Memorial Priority Mail Express stamp, 10:30 a.m., with activities until 1 p.m., at the Pearl Harbor Visitor Center.

After the unveiling ceremony, have your first-day issue stamp cancelled by USPS and visit with Pearl Harbor survivors. All proceeds are donated to the National Parks we serve. Visit http://pacifichistoricparks.org/p hh_events.php.

18 / Tuesday

MOH — President Barack Obama will present 24 Army veterans of World War II, Korean and Vietnam with the Medal of Honor in one of the largest ceremonies in history. Each of these Soldiers’ bravery was previously recognized by award of the Distinguished Service Cross, the nation’s second highest award.

Learn more about these heroes by visiting www.army.mil/medalofhonor/valor24.

19 / Wednesday

Celebrating Women — Join the garrison’s Equal Employment Opportunity office to celebrate Women’s History Month, 11 a.m., at the Wheeler Army Airfield chapel. The theme for 2014 is “Character, Courage and Commitment.” Call 655-9378.

11 / Tuesday

Ahoy Lunch — The Armed Forces Communications and Electronics Association hosts a buffet luncheon at Fort Shafter’s Hale Ikena, 11 a.m. The guest speaker will be Adm. Harry Harris, commander, U.S. Pacific Fleet. Call 441-8565/8524 or visit <http://afcea-hawaii.org> to register.



13 / Thursday

USPS Arizona — Join the



For an up-to-date listing of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm.

Unless otherwise noted, all phone numbers are 808 area code.

Today

TAMC Two-Way — For the entire month, there may be one lane closed daily, 8:30 a.m.-2:30 p.m., on Tripler’s Krukowski Road (near buildings 102 and 104). One lane will be open for two-way traffic.

8 / Saturday

Shock Block — A scheduled power outage takes place on Wheeler, 8:30 a.m.-3:30 p.m. The following buildings will be affected during the outage:

- 8-11 a.m.: 800 and 825.
- 12:30-3:30 p.m.: 287, 501, 502, 503, 505, 507, 508, 509, 511, 513, 515, 517, 519, 521, 523, 525 and 527.

10 / Monday

Quad D-Tour — Due to construction work behind Quad D’s Bldg. 450, Schofield Barracks, the left lane on Foote Avenue will be closed, weekdays, until May 9.

Wheeling on Wheeler — A maintenance and repair pro-

ject will require a road closure, 8:30 a.m. to 3:30 p.m., from now to April 30. Vehicles will not be allowed to enter or exit from the Eastman/Wright roads intersection. Traffic entering Old Kamehameha Highway will detour on Eastman Road. Personnel working in the trailers near the project will enter/exit on Eastman Road and detour around to return to the main road on Wright Avenue. At the end of each workday, the road will reopen, with steel plates covering the work area for

normal traffic flow.

17 / Monday

Go Green! — Be it a parade or a pint, enjoy St. Patrick’s Day responsibly and don’t forget that designated drivers with the Service Members Against Drunk Driving (SADD) program are available, 11 p.m.-4 a.m., for free, and give confidential rides home if a Soldier has had too much to drink. Call 377-0549 or 224-1907 for more information or to become a volunteer, or visit <http://vimeo.com/76240205>.

Alternately, you can call your chain of command, hail a taxi or secure a hotel room.

Drunk driving is more expensive!

Phase Two — Work that began last fall on Fort Shafter’s Rice Drive will enter its second phase with another closure during installation of underground utilities. Part of Rice Street is one lane control for this phase. This phase is scheduled to begin March 28; the next phase is scheduled to begin March 31.

Star Advertiser Hawaii SMART SHOPPER



Learn how to save \$100s on your monthly grocery bill!

TLC’s *Extreme Couponing* star **Shannon Jones** will teach you how to save hundreds of dollars every month using her simple proven couponing technique.



And just for attending, you will have a chance to win door prizes! **RSVP today** to attend one of our free events near you. **Space is limited, so reserve your place today!**



**Tuesday,
Mar. 25, 2014**

Pearl Country Club
98-535 Kaonohi St
Aiea, HI 96701
3pm & 7pm

Register now for this FREE event, go to
staradvertiser.com/smartshopper



Sgt. Maj. Terry L. Sumerlin, 311th SC (T), keynote speaker for the Black History Month observance, addresses participants from the 516th SB.

Signaleers celebrate Black History

Event highlights accomplishments

Story and photos by
MAJ. AVON CORNELIUS
311th Signal Command (Theater)

SCHOFIELD BARRACKS — Soldiers and civilians from the 516th Signal Brigade, 311th Sig. Command (Theater), and Team Equal Opportunity/Equal Employment Opportunity-Hawaii sponsored a Black History Month Observance at the main chapel, here, Feb. 26.

Black History Month is an annual observance in the U.S. paying homage to the citizens and events in African-American history.

The observance featured praise dance, a civil rights video and a moving vocal performance of the classic gospel hymn “His Eye is on the Sparrow.”

The keynote speaker was Sgt. Maj. Terry L. Sumerlin, 311th SC(T) Supply, who spoke on the unsung heroes of the civil rights movement, specifically the military leaders in the Benjamin Oliver Davis Sr. family.

Davis was the first African-Ameri-

can general officer in the U.S. Army. His son, Benjamin Oliver Davis Jr., went on to be become the first African-American general officer in the U.S. Air Force.

Sumerlin went on to discuss how Davis Jr. accomplished his goals through the trials he faced during his lifetime.

“Davis Jr. had to elevate his mind above what he saw,” said Sumerlin. “His natural eyesight could not see the vision of him becoming a four-star general, but he never gave up. He turned every perceived weakness into strength.”

The 516th SB command team, Col. Cleophus Thomas Jr. and Command Sgt. Maj. Allen Braswell, closed the event with remarks encouraging Soldiers and civilians to embrace cultural and racial diversity.

The mission of the EO/EEO program is to formulate, direct and sustain a comprehensive effort to maximize human potential to ensure fair treatment for military personnel, family members and civilians without regard to race, color, gender, religion or national origin, and provide an environment free of unlawful discrimination and offensive behavior.



Maj. Gabriella McKinney, of the 94th Army Air and Missile Defense Command, performs a praise dance during the Black History Month Observance.

45th SB takes Honeymoon Beach for a day of resiliency

Story and photo by
SPC. ERIN SHERWOOD
45th Sustainment Brigade Public Affairs
8th Theater Sustainment Command

JOINT BASE PEARL HARBOR-HICKAM — More than 200 Soldiers from the 45th Sustainment Brigade shared a day of resiliency and unity, Feb. 28, at Honeymoon Beach, here.

A 3-mile family fun run and interactive resiliency classes filled the day, as full picnic tables and music kept the activities relaxed and comfortable for families to enjoy some of the sunny benefits of being in Hawaii.

“The idea was to step out of the box and get some great resiliency training in,” said Sgt. 1st Class Ian Cutting, brigade mental readiness coordinator. “Instead of just the typical brigade run, we wanted to make it a fun event for family members, as well.”

Cutting said resiliency is a top priority right now Armywide, to include coming up with new ways to teach Soldiers better coping skills and methods that can directly contribute to the morale of themselves and their families.

“I really liked the different approach they took

to the event,” said Sgt. Latdaovonh Bransford. “It’s nice to see everyone come together and just have a good time.”

The day also promoted a sense of unity throughout the brigade as the 45th SB’s headquarters prepares to deploy to Afghanistan this summer, and its rear detachment temporarily realigns under the 8th Military Police Brigade.

Command Sgt. Maj. Dana Mason Jr. emphasized the importance of team to the troops. He said, “This is the last time we are all going to be together as a brigade for nine months. Some of us are overseas, but we are all still 45th Soldiers. Please remember that and continue to work as a team.”

That teamwork filled the beach as Soldiers cheered each other on during a tug of war competition, followed by company-level groups gathering for motivational speakers and reflection on their specific challenges and how to overcome them as a team.

“I think having a little bit of everything for these events is the way to go,” said Cutting. “Physical, mental and emotional strengths are definitely the key to success.”



Sgt. Jesse Roux (center) of the 45th SB, 8th TSC, gives his all during a tug-of-war on Honeymoon Beach as part of a series of events designed to increase resiliency and esprit de corps throughout the brigade.

PAU HANA

“When work is finished.”

www.hawaiiarmyweekly.com

FRIDAY, March 7, 2014



This Jackson Chameleon, captured in the native forest above Schofield Barracks, poses a threat to the endangered kahuli tree snails (*Achatinella* spp.) found in that same region. (Photo has been altered from its original form; background elements have been removed.)

USAG-HI native plantings prevent invasive species

CELESTE VENTRESCA

Directorate of Public Works
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — The State of Hawaii is hosting the annual Hawai‘i Invasive Species Awareness Week, March 3-9.

While it’s only the second year for this event, word on invasive species is spreading — toward, hopefully, less invasive species in the process.

An invasive species is a plant, animal, pathogen or other organism that is non-native (not naturally found in) Hawai‘i, and which may cause economic or environmental harm or adversely affect human health

What’s the big deal with invasive species?

Most of the plants in our current environments — in our schools, our streets or even our own yards — have been imported to Hawai‘i from various locations throughout the world. Referred to as “non-native” or “exotic” species, these plants are often very beautiful — one of the reasons people brought them here, and they thrive in the lush climate Hawai‘i offers.

Despite their beauty and success, they have not been a part of the natural ecosystem in Hawai‘i and therefore could severely throw off the balance of the one we already have, becoming what scientists and natural resource managers call “invasive.”

Joby Rohrer, senior Natural Resource manager with the O‘ahu Army Natural Resources Program, who is contracted with the U.S. Army Garrison-Hawaii Natural Resources Program, talked about how non-native, invasive ornamental plants impact Hawai‘i’s natural areas.

“We continue to deal with invasive ornamentals,” said Rohrer. “We are still finding coral



Photos courtesy Oahu Army Natural Resources Program, Directorate of Public Works; U.S. Army Garrison-Hawaii

The invasive black twig borer (*Xylotrechus compactus*) forms tiny tunnels within trees and crops to lay its eggs, destroying them from within.

tree (*Erythrina poeppigiana*) in new natural areas. ... We have been spending a lot of time controlling them in (Schofield Barracks’) West Range.

“Planting natives is preferred,” added Rohrer. “It makes our job easier (with less weeds to control), so this policy is a great step towards protecting the natural areas we have left.”

Coral tree is just one of many examples of non-native ornamental plants that have “escaped” their landscape setting and gone into natural areas.

Invasive species also come in the form of pests that sneak into the islands with other imports. The invasive black twig borer (*Xylotrechus compactus*) is one such pest, accidentally introduced to O‘ahu in the 1960s on a shipment of plants. Now spread throughout the Hawaiian Islands, the black twig borer impacts many crops by creating destructive tunnels within

plants to lay their eggs. Coffee farmers, in particular, have felt the economic impact of this pest and have been forced to get rid of many of their crops because of infestations.

The black twig borer is also decimating one of Hawai‘i’s rarest trees, the endangered

mēhamehame (*Flueggea neowawraea*). The largest member of Hawai‘i’s forests, mēhamehame can reach heights over 100 feet and can stretch as wide as 10 feet in diameter.

Despite its stature, the mēhamehame is extremely vulnerable to the tunnels created by the black twig borer. USAG-HI’s environmental team continues to research methods to control this tiny, lethal enemy that is leading the endangered mēhamehame into extinction.

Planting native on post

Jan. 7, USAG-HI formalized its commitment to environmentally beneficial landscape practices, and Hawai‘i Invasive Species Awareness Week marks a perfect opportunity to celebrate that commitment.

The policy, which applies to all Army installations, facilities and work sites in the state, requires the use of native Hawaiian plants in landscaping. The policy also includes a list of recommended native plants for landscaping, which was developed by DPW Environmental staff.

See OANRP, B-3

Get Involved

Hawai‘i Invasive Species Awareness week is March 3-9. USAG-HI’s Natural Resources Program offers monthly volunteer trips to help control invasive species in the forest. Email outreach@oanrp.com to find out about how to become a volunteer.

Visit <http://dlnr.hawaii.gov/hisc/hisaw/> for more details.

Learn more about planting native at www.plantpono.org, a resource produced

by the Coordinating Group on Alien Pest Species, the Hawai‘i Invasive Species Council and other experts on invasive species issues.

The Honolulu Board of Water Supply’s planting guide for O‘ahu recommends native plants for various zones on O‘ahu based on climate and geography at www.boardofwatersupply.com/cssweb/display.cfm?sid=1360.



Army joins national and state control efforts

U.S. ARMY GARRISON-HAWAII
Public Affairs

SCHOFIELD BARRACKS — The Army’s local “green” team is sounding off on invasive species, as it joins state and national efforts to raise awareness during Invasive Species Awareness Week.

U.S. Army Garrison-Hawaii’s Natural Resources Program hosted an information booth at the State Capitol, Monday, as Hawaii kicked off Invasive Species Awareness Week, March 3-9. The program is also hosting several educational and volunteer events throughout the month.

Invasive species management is a little-known Army mission; however, it is a big part of the Army’s conservation and training requirements.

Invasive species are one of the greatest threats to the native plants and animals that the Army manages on its Hawaii installations. On Oahu alone, USAG-HI’s Natural Resources Program has dedicated a team solely to the prevention, monitoring and control of invasive species.

The staff proactively teaches Soldiers about natural resources prior to training, and also implements training requirements, such as vehicle and gear cleaning, to stop the spread of invasive species. Other efforts include habitat surveys, invasive species removal and, most recently, a commander policy to use native plants in landscaping on Army installations, here.

“Combating invasive species takes our collective efforts,” said Michelle Mansker, the Army’s Natural Resources Program manager on Oahu.



O‘ahu
Army
Natural
Resources
Program

“We’ve had early successes like working with the State Department of Agriculture and the Oahu Invasive Species Committee to eradicate coqui frogs near Schofield. The key is continuing to gain momentum on these joint, innovative efforts.”

The Army has award-winning natural resource programs on Oahu and on Hawaii Island. Together, these programs support military training needs through conservation and natural resource protection, caring for more than 100 of Hawai‘i’s threatened and endangered species.

Volunteers

The Army routinely partners with more than 30 local, state and federal agencies, and enlists the help of the community.

Each month, the Army hosts volunteer service trips for individuals to join the front lines in the fight against invasive species. Individuals can call 656-7741 to help remove invasive weeds and plant native seeds or register online at <http://oanrp.ivolunteer.com>.



OANRP manager named ‘Oahu MVP’

SARAH PACHECO
Staff Writer

HONOLULU — A staff member with U.S. Army Garrison-Hawaii’s Oahu Army Natural Resources Program (OANRP) took home top honors from the Hawaii Invasive Species Council (HISC), Monday, during the kickoff of the second annual Hawaii Invasive Species Awareness Week at the state Capitol, here.

Jane Beachy, manager of the Ecosystem Restoration Program with OANRP, Directorate of Public Works, USAG-HI, earned the title “Oahu MVP 2014” for her work overseeing the Army’s continued control and monitoring efforts to prevent the spread of devil weed on Oahu, expanding roadside weed surveys on military facilities, and displaying dedicated rapid response to new invasive species introductions with an emphasis on collaboration between partners and stakeholders for response and control.

“Ms. Beachy is responsible for one of the most difficult areas within OANRP,” said Michelle Mansker, chief, Natural Resources Section, Environmental Division, DPW, USAG-HI.

“She is constantly striving to develop new tools to deal with invasive species and partners regularly with others within the Hawaii community to do so,” Mansker continued. “She is a truly dedicated employee who embodies all of the qualities one would wish for in an Army employee.”

HISC selected Beachy as the Oahu MVP from a pool of nominees from both the community at large and other island-based invasive species committees.

Presented by members of the Hawaii Legislature, the awards honor individuals, agencies, organizations and businesses that have made a difference in protecting Hawaii from the impacts of invasive species.

“Jane’s tireless dedication to protecting Hawai‘i’s resources through combating invasive alien plants is an inspiration to us all,” added Joby Rohrer, senior Natural Resource Management coordinator, OANRP.

“She is an extremely effective collaborator who has built OANRP’s partnerships over the years to the benefit of the entire conservation community,”



Photo courtesy Oahu Army Natural Resources Program; Directorate of Public Works; U.S. Army Garrison-Hawaii

WAIANAE — Jane Beachy, manager, ERP, OANRP, monitors the endangered *Sanicula mariversa* plant species along the Ohikilolo Ridge above Makua Valley Military Reservation, here.

Rohrer noted. “Her planning and execution of projects are extremely impressive; she does not miss a detail.

“I have watched Jane grow in her position for more than 10 years,” Rohrer added, “and I am looking forward to seeing what she can do in the future.”



Briefs

Today

Tropics Band Madness — Every Friday in March, two bands will perform, and the winner will be announced on the last Friday of the month. All types of music welcome. Sign up at SB Tropics. Call 655-5698.

8 / Saturday

SB Arts & Crafts Center — Enjoy the relaxing art of ceramic mold pouring, 9 a.m.-noon, March 8 and 22. One session is \$25 and includes supplies. Call 655-4202 to register.

Stand up Paddleboard Lessons — Outdoor Recreation Center teaches and provides both epoxy and inflatable stand up paddleboards. Open to patrons ages 10+. Class will be held at Pokai Bay or in Haleiwa. Cost is \$59 per person. Call 655-0143.

9 / Sunday

Hale Ikena Sunday Brunch — FS Mulligan’s Bar & Grill hosts from 10 a.m.-1 p.m. Call 438-1974.

10 / Monday

Black Widow Meet & Greet — Armed Forces Entertainment brings “The Black Widow,” Jeanette Lee, to SB Tropics, 11 a.m.-1 p.m., for a show and autograph session. Must be 18 and older with valid military ID to attend the free event. Call 655-5698.

Workweek Lunch — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style or menu items.

Pau Hana Social Hour — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce. Call 655-4466.

11 / Tuesday

Bling My Cell — Show off your cell phone to see who has the most “bling,” every Tuesday in March, at SB Tropics. Call 655-5698.

Taco Tuesday Night — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.



Photos courtesy of Honolulu Festival Foundation

WAIKIKI — Marchers get a handle on a giant inflatable dragon as it makes its way down Kalakaua Avenue, here, during last year’s Honolulu Festival Grand Parade.

Festival shares Pacific culture

HONOLULU — The 20th Annual Honolulu Festival will be held Friday-Sunday (March 7-9) at various locations in Honolulu and Waikiki.

The Festival’s long standing theme, “Pacific Harmony,” reflects its foundation’s vision to share the many cultures of the Pacific region with the people of Hawaii and those visiting from all over the world.

Hawaii’s premier cultural festival highlights the people and diversity of Asia-Pacific through an impressive showcase of arts, culture and entertainment — all of which are free to the public.

Highlights of the weekend festival include the following events.

•Friday, 6:30-8:30 p.m., Friendship Gala at the Hawaii Convention Center.

•Saturday, 9 a.m., Honolulu Rainbow Ekiden where runners are invited to race through Waikiki in Hawaii’s second annual “Ekiden” (long distance relay) race. A tradition of Japan for more than 90 years, Ekiden features teams of 3-5 runners competing in this scenic ocean view route around Diamond Head. Register and get more details at HonoluluEkiden.com.

•Saturday, 10 a.m.-6 p.m., cultur-



Illuminated floats are a highlight of the Honolulu Festival Grand Parade. This year’s parade will be held 4:30 p.m., Sunday, along Kalakaua Avenue.

al and arts performances happen at three locations: Hawaii Convention Center, Waikiki Beach Walk and Ala Moana Center.

•Sunday, 10 a.m.-3 p.m., More cultural and arts performances happen: Hawaii Convention Center, Waikiki Beach Walk and Ala Moana

Center.

•Sunday, 4:30 p.m., Waikiki Grand Parade along Kalakaua Avenue.

•Sunday, 8:30 p.m., Nagaoka fireworks show over Waikiki Beach. For more information, visit www.honolulu festival.com.

Betsy Ross as part of Women’s History Month. After that, stay and make your very own flag. All supplies will be provided for free. Call 438-9521.

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call Spc. Jennifer Coggins, BOSS president, 655-1130.

Attend these meetings:
•North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
•South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Keiki Night — Every Wednesday night is Keiki Night, 5-8 p.m., at SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974).

See FMWR Briefs, B-4

Community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

8 / Saturday

Free Movie Screening — Sgt. Smith Theater previews “Sabotage” at 6 p.m., rated R, starring Arnold Schwarzenegger. Free admission tickets available at your local exchange food court. Seating open to non-ticket holders 30 minutes prior to show time.

10 / Monday

Teen Resiliency Training — Registration deadline for grades 7-8 is March 18; grades 9-12 is March 19. Both sessions held from 4-8 p.m. at the SB Chapel Annex, Room 212. These monthly classes, designed to strengthen resilience and increase performance, are coordinated by the staff of the Comprehensive Soldier and Family Fitness Center. Call 655-9804 by March 10.

12 / Wednesday
Bike Safety Bonanza — Island Palm Communities hosts this bicycle safety training at 2 p.m., Wheeler Community Center, 100 Vought Ave. Register keiki at rsvp@ipchawaii.com. Call 275-3159.

14 / Friday
First Hawaiian Auto Show — Annual three-day event begins March 14 at noon and ends March 16 at 7 p.m. at the Hawaii Convention Center. March 15 is military two-for-one admission, with ID. Visit <http://www.motortrendautoshow.com/honolulu>.

16 / Sunday
Waimea Valley Family Day — Each 3rd Sunday is La’Ohana (Family Day) at Waimea Valley, through the end of the year. Kama’aina and military families will receive half off admission with valid ID. Call 638-7766 or visit www.waimeavalley.net.

18 / Tuesday
Ikebana — Annual exhibition runs 9:30 a.m.-4:30 p.m., March 18-21, Honolulu Hale (City Hall), and displays seven different styles of Japanese floral artistry and culture.

Docents from various schools will be on hand throughout the exhibition. Free admission.

19 / Wednesday
Women’s History Day — Event will celebrate “Women of Character, Courage and Commitment” at 11 a.m., March 19, WAAF chapel. Hosted by the 25th ID. Contact Sgt. 1st Class Lorenzo Dukes at 719-200-5556.

Live & Learn 101 Festival — IPC hosts this annual family event, 2-5 p.m., Kaena Community Center, 5485 Gallup St., SB. Visit www.islandpalmcommunities.com or call 275-3159.

21 / Friday
Kunia Orchid Show — The 60th annual show is 9 a.m.-5 p.m., March 21 and 22, and 9 a.m.-4 p.m., March 23, at the Leilehua High School gym, Wahiawa. The show features 22 plant vendors along with Department of Agriculture specialists, as well as food booths.

22 / Saturday
Pearlridge Farmers’ Market — Browse more than 40 booths featuring Oahu produce and locally in-

spired artisan foods, 8 a.m.-noon, every Saturday, Pearlridge Center downtown, in the Sears parking lot. Visit www.haleiwa farmersmarket.com/pearlridge.html.

Ongoing

Veterinary Treatment Facility — The renovated SB Veterinary Treatment Facility is now seeing patients five days a week. Book an appointment for the new Wellness Package for affordable preventative care or to obtain a mandatory airline health certificate within 10 days of travel out of Oahu. Call 655-5893 or 655-5889.

New DOE Website — The Hawaii Department of Education’s new website has a section specifically for military families. Visit www.hawaii publicschools.org/ParentsAndStudents/MilitaryFamilies/Pages/Home.aspx.

IPC Resident Scholarships — Scholarship grant application deadline is April 2, for the WinningEdge scholarship program. For eligibility log on to www.islandpalmcommunities.com.

Worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship
•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH

Pagan (Wicca)
•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship
•Sunday Services
-8:45 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-10:45 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 9 a.m. at WAAF

This Week at the Movies

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



The Monuments Men
(PG-13)
Fri., March 7, 7 p.m.
Thurs., March 13, 7 p.m.

Studio Appreciation Advance Screening – Free Admission

Sabotage
(PG-13)
Sat., March 8, 6 p.m.
Tickets distributed at Exchange Food Court. Seating open to non-ticket holders, 5:30 p.m.



The Lego Movie
(PG)
Sun., March 9, 2 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations		
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	Recreation
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center
	FMWR: Family and Morale, Welfare and	SB: Schofield Barracks

Hale Kula robotics team earns spot in world event

SCHOOL LIAISON OFFICE
Child, Youth, School and Support Services
Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — The Hale Kula Elementary “Cyborg Eagles” robotics team has been working hard this school year, and it all paid off at the Hawaii VEX IQ State Championship, held at Pearlridge Center, recently.

The Hawaii Council of Engineering Societies and Pearlridge Center presented the event with support from the Highlands Intermediate School Robotics Team, the Pearl City High School Robotics Team and the Friends of Hawaii Robotics.

The Hale Kula Elementary team consists of nine fourth and fifth graders and for the VEX IQ State Championship. Three of the nine students were chosen to participate in the competition. Coaches Tami Sego and Vera Yamanaka chose Brianna Lebron, Jamie Nena and Kennedy Pemberton based on their problem-solving skills, perseverance and effort.

VEX IQ is a system designed of structural pieces that snap together and come apart without tools, to allow for quick build times and easy modifications. A variety of gears, wheels and other accessories allow students to customize and build their mobile robots that are controlled by a robot brain or a controller.

Hale Kula has been building upon a season of successes from competing in various state competitions that include the first Lego League

District Tournament in November, the VEX Middle School Tournament in December and the Aloha VEX IQ Qualifying Tournament in January. After the school’s performance in the Aloha VEX IQ Qualifying Tournament, it was invited to the state competition and had less than a month to prepare.

“We always kept track of our robot’s design in our Engineering Notebook,” said team member Brianna Lebron. “We tried out different robot designs to see which one would be the best. We ended up with a clawbot with an extended arm.”

This design proved to be successful because it led the team to qualify for the International VEX Summer Games, which will be held here in Hawaii in July — and especially saved them a spot in the 2014 VEX Robotics World Championship VEX IQ Challenge that will be held in Anaheim, Calif., at the Anaheim Convention Center, April 23-26.

The event brings together top robotics teams to celebrate their accomplishments and compete with and against the best teams from around the world.

“We are very proud of the Cyborg Eagles’ hard work and perseverance, and we’re excited to be representing Hale Kula and Hawaii at the VEX IQ World Championship,” said Coach Tami Sego.

Congratulations to the Cyborg Eagles on their wonderful accomplishment and may they be successful at the April competition in Anaheim.



Photo courtesy Jan Iwase, Hale Kula Elementary School

AIEA — Hale Kula Elementary School students (front, from left) Kennedy Pemberton, Brianna Lebron and Jamie Nena proudly display the design award the "Cyborg Eagles" robotics team won at the VEX IQ State Championship at Pearlridge Center Uptown, here, recently. Also at the competition were coaches Tami Sego (back left) and Vera Yamanaka.

OANRP: Initiative

CONTINUED FROM B-1

“We selected plants that were beautiful and appropriate for the climate at Schofield,” said Kapua Kawelo, biologist for DPW Environmental’s Natural Resource Program, who spearheaded the effort. “We looked at similar policies that have been developed. All of them emphasized the reduction of the need to water plants, so we chose xeriscape-type plants that didn’t need additional water or a lot of maintenance.

“These plants won’t need to be replaced again and again and are attractive plants to use for landscaping,” Kawelo added.

By implementing this policy, USAG-HI will not only reduce water resource requirements, but will provide habitat for native animals and create a Hawaiian cultural landscape on post.

(Editor’s note: Ventresca is an environmental outreach specialist at DPW.)

PLANTING NATIVES

(Examples from the list of “Recommended Native Hawaiian Plants for Landscaping.”)

Groundcover. With its yellow-orange flowers and green-grey foliage, ‘ilima papa (Sida fallax) makes a lovely landscape plant. It’s a hearty groundcover that requires full sun and little water. ‘Ilima is ideal for dry environments.

Shrub. While Hawai‘i is often synonymous with the hibiscus flower, most of the hibiscus we see around us are not Hawaiian hibiscus. The koki’o ke’oke’o, or white hibiscus (Hibiscus arnotianus), is one of the plants on the list. Unique to the Hawaiian Islands, this white hibiscus is one of only two hibiscus species in the world known to have fragrant flowers. The other is Hibiscus waimeae, also only found in Hawai‘i.



Photos courtesy Oahu Army Natural Resources Program; DPW; USAG-HI

Koki’o ke’oke’o, or white hibiscus (Hibiscus arnotianus) blooms.



‘Ilima papa (Sida fallax) makes a lovely landscape plant.

Grocery check out is appreciated

“I need to get buns,” I announced to my daughter after picking her up from musical practice.

With her head leaning against the passenger’s window, she let out an audible groan, a clear sign that her little brain had endured a long day at middle school and just wanted to go home.

I would normally take the third exit off the roundabout to the Stop & Shop grocery store, but in order to spare my poor, tired kid the hassle, I took the first turn toward a lonely looking 7-11. I left my daughter, half comatose, in the running minivan and promised, “I’ll be back in a flash.”

A 20-year Navy wife accustomed to the security of military base living, I can’t enter a convenience store without thinking of armed robbery. Squinting my eyes to the blindingly bright fluorescent lighting, I could see a graying older male patron and, beside him, a small girl.

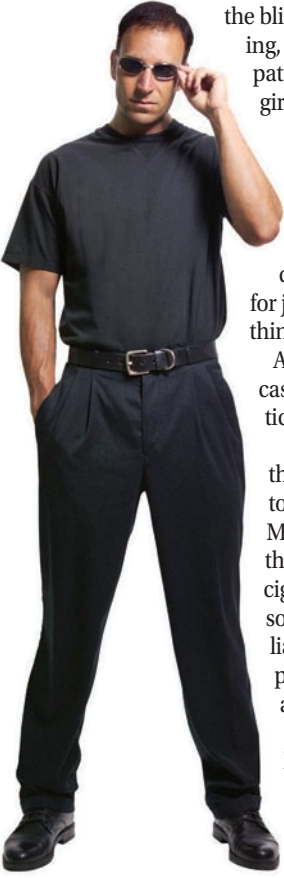
Despite the 28 degree cold outside, the girl was looking cross-eyed down the straw of an enormous frozen blue Slurpie. The man leaned down and said, “Wait over there for just a minute; I forgot something.”

As I walked by him and the cashier, I heard him ask for a particular brand of “cigar wraps.”

My paranoid mind raced with thoughts of what might be. He’s too old to be the girl’s father. Maybe he abducted her, using the Slurpie as a ruse? What are cigar wraps anyway? Probably some kind of drug paraphernalia? This junkie kidnapper is probably going to go for broke and rob us all at gunpoint!

In the last row of shelves, I lingered a moment, pretending to decide between the two identical packages of generic hot dog buns. Mercifully, I heard the jingle of the door, and I knew the coast was clear.

I lobbed my buns onto



Courtesy photo

Male attention for a mother of three can be an ego boost.



THE
MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

the check out counter, just as the door let out another ominous jingle. Before I knew it, a tall figure dressed in black stood directly at my side. Afraid to look up, I dug for pennies in a zippered compartment of my purse, waiting to feel the barrel of his gun in my ribs.

“Hey, when you open the register,” the figure said to the young woman behind the counter — and I was sure the next thing out of his mouth would be, “Put everything in this bag and no one gets hurt,” but instead he said — “Could you gimme’ change for a \$20?”

In my peripheral vision, I could tell he turned his head to look directly at me. Thanks to the Polar Vortex, I was dressed in a ridiculously large floppy knit hat, rumpled parka and Spandex exercise pants, all covered with a sprinkling of dog hair. Is this guy checking me out or is he scouting for a potential mugging victim?

“How you doin’ today?” he suddenly blurted into my right ear in a thick Rhode Island accent.

“Uh, well, just fine, thanks,” I stammered nervously, looking for security cameras.

“Those things keep you warm?” he asked, leering blatantly at my Spandex pants.

“Uh, heh, heh, no, actually they don’t. ... I should’ve changed after I went to the gym.”

Why is he staring at my pants? Is he looking for pockets to pick? I wondered.

“Well, you just keep on workin’ out ‘cuz you’re looking good.”

Grabbing my change, I darted toward the jingling door as fast as my Spandex could take me.

“What was that guy saying to you, Mom?” my daughter asked, as I slammed the driver’s side door.

“I thought he wanted to rob me,” I shuddered, “but he — oh it’s just so deranged — he was actually checking me out!”

“Ew, that’s sick!” my daughter grimaced.

Even though I used to get a little ego boost from male attention, I responded, “I know, right? I’m 47, I have three teenagers and I’m 10 pounds overweight! That guy must be criminally insane!”

Popping the gearshift into drive, I headed back to the security of the base, relieved to have survived the check out.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)



Briefs

CONTINUED FROM B-2

Kids younger than 10 years eat for a special price from the keiki menu.

13 / Thursday Mom & Tots Crafts — Parents and keiki can make a creative project together, 10-11 a.m., Thursdays, during March at the SB Arts & Crafts Center. Class is \$5. Call 655-4202.

Clay Hand Building Workshop — SB Arts and Crafts Center experts offer basic instruction with coil, pinch pot and slab construction, 1-3 p.m., Thursdays, during March. First class is \$25, additional classes \$5 and include supplies. Call 655-4202 for preregistration.

Manga Club — Teens are invited to discuss anything Manga, fan art and anime, 3 p.m., at SB Sgt Yano Library. Manga Club now meets twice a month on the second and fourth Wednesday of each month. Call 655-8002.

Leilehua Thursdays — Join Chef Devin Lee, 4:30-7:30 p.m., every Thursday, at Leilehua’s driving range for hot dogs and burgers. Menu items cost \$3-\$4. Call 655-7131.

Tropical Thursdays — Free weekly Texas Hold’em poker, 6 p.m., SB Tropics Warrior Zone. All ID cardholders 18 and older are welcome. Call 655-5698.

Ongoing

2014 Youth Track & Field Registration — CYSS Youth Sports hosts new developmental program. Register March 4-31 at the nearest Parent Central Services. Cost is \$40, at registration, for youth born between 1996-2007.

SKIES Unlimited School of Academics Classes — SKIES Studios provides extra help with homework. Tutoring classes are available for K-12th, Mondays and Fridays. Preschool reading, preschool writing, math, reading and writing workshops are now all offered. Call 655-9818 for more class availability or log onto himwr.com.

New health strategy is here

MAJ. MECREDI CRUDER
Pacific Regional Medical Command

HONOLULU — The Pacific Regional Medical Command (PRMC) and the Army’s medical system have transformed to provide their patients with the best health care possible.

The Patient-Centered Medical Home (PCMH) concept has been adopted by the military health system.

PCMH promotes access to and continuity of care to each and every provider-patient relationship. It allows providers to do the jobs they do best: promotion of health and treatment of disease.

PRMC leadership has been working very hard to transform the primary care clinics in Tripler Army Medical Center (TAMC) and Schofield Barracks’ Health Clinic.

What patients can expect from an Army Patient-Centered Medical Home?

Whole person orientation. The personal provider is responsible for providing all of the patient’s health care needs or for arranging care with other qualified professionals.

A personal provider. Each patient has an ongoing relationship with a personal physician, physician assistant or nurse practitioner who is trained to provide first contact, continuous and comprehensive care.

Physician-directed medical practice. The personal physician leads a team(s) of individuals at the practice level who collectively take responsibility for ongoing patient care.

Coordinated and integrated care. Each patient’s care is coordinated and integrated across all elements of the health care system and the patient’s community.

Quality and safety focus. All members of the health care team are focused on ensuring high quality care in the medical home.

Improved access. In the PCMH, enhanced access to care options are available through open scheduling, same-day appointments,

Web Access

To sign up with your primary care manager, visit www.RelayHealth.com.






Photo courtesy Pacific Regional Medical Command

At the Patient-Centered Medical Home, the personal physician leads a team(s) of individuals at the practice level who collectively take responsibility for ongoing patient care.

secure messaging and other innovative options for communication between patients, their personal physician and practice staff.

Secure messaging. Now you can communicate securely and directly to your provider. Give your requests for medication refills and renewal, ask questions about labs or procedures, or contact us regarding appointments or care. Please visit www.RelayHealth.com to sign up. Once we accept your request, you’ll be directly linked to us from the convenience of your home.

Enhanced nursing role. When you do come in for a visit, you will notice that your nurse plays a greater role than you might be used to. Your nurse will spend more time listening to your concerns, help you communicate those concerns to your doctor, and then make sure that you understand the care plan and that all of your questions are answered.

Meeting Quality Assurance Guidelines

The National Committee for Quality Assurance (NCQA) is a nonprofit organization dedicated to improving health care quality.

NCQA requires recognized facilities to enhance access to care and patients’ continuity with their provider teams, keeps track of pa-

See Patient, B-7

Train your taste buds to enjoy the taste of eating right

HONOLULU — Want to enjoy the taste of healthy foods? No matter what kind of eating habits you grew up with, you can learn to enjoy eating healthy foods. Since childhood, you may have even learned to associate both positive and negative experiences with particular foods. For example, when a certain food is offered as part of a celebration, (i.e., birthday cake) it enhances the preference for that food. On the other hand, using food in order to get a reward or bribe (i.e., “if you finish your broccoli, then you can go play”) usually creates a negative food association.


The best way to learn to like those foods you associate as negative (i.e., vegetables) is to teach your taste buds to enjoy healthy foods since they are important in our diets. Our taste buds are found in our tongue, roof of the mouth, throat and stomach. The average adult has 2,000 to 10,000 taste buds. Our taste buds dictate why we favor certain foods, especially fat and sugar. However, taste and flavor are not the same thing. Taste is what our taste buds pick up: salty, sour, bitter and umami (savory taste bud). Flavor is the combination of taste plus smell. Additionally, our taste buds are a tool for survival. Your taste buds can easily acclimate to the taste of new foods, simply by introducing them to new healthier foods on a regular basis.



Courtesy photo

Taste buds can easily adapt to healthy foods when eaten on a regular basis.

On average, it takes six to eight weeks to change your palette, but in some cases, it can happen sooner. All you have to do is make a habit out of adding a side of vegetables to your meals and snacks. So why do we think twice about eating more vegetables in our diet, particularly knowing they are good for us? Yet, we do not put much thought into eating the highly saturated fat, sugar



ASK THE DIETICIAN

CAPT. KARLA BELL
Tripler Army Medical Center

and salt foods in our mouths? Over time, we have become used to eating those convenience foods (which may be high in harmful chemicals) and have adapted to that taste. Most Americans eat less than half of the amount of recommended vegetable servings. It is not until we see other people enjoying different foods or are introduced to foods with veg-


etables that we try them, too. Vegetables are full of fiber, vitamins and minerals. It simply just takes the right preparation of those vegetables on your “yuck” list to change your mind.

Develop a Plan
Here’s a daily plan with tricks for breakfast, lunch, dinner and snacks that will save some calories and help you get going to the taste of eating right every day. *Breakfast.* You should never skip breakfast or the first meal of the day! For a healthy breakfast option try an egg white omelet or breakfast skillet with spinach, onions, tomatoes and bell peppers, with a whole grain English muffin and



Greek yogurt with fresh fruit. *Lunch.* Try a whole wheat sandwich or wrap with your favorite meat, low fat cheese, spinach, tomatoes, onions, bell peppers, cucumbers and shredded carrots, or simply using fresh or steamed vegetables as side dishes to your main entrée. *Snack.* Try fresh fruit or fresh cut veggies by themselves or with plain Greek yogurt, hummus or light dressing. *Dinner.* You should aim for half of your plate to be full of colorful veggies! Use green, leafy and colorful veggies to bulk up your meal to help the temptation of eating more servings of starchy veggies or pasta that are not whole grain (quinoa, brown rice or farro).

Learn More
For more ideas, visit Choosemyplate.gov.



Patient: New care arrives

CONTINUED FROM B-6

tient data to help manage patients’ well-being, plans and manages care using evidence-based practices, provides self-care support and community resources, as well as tracks and coordinates tests, referrals and other care for patients. Finally, clinics have to show that they measure their performance and patients’ feedback to improving the quality of care. “By achieving NCQA recognition, an Army medical home can be confident that it is meeting nationally recognized standards and that it is operating at or above the level of peers, both in the military and civilian health care systems,” said Dr. Sean Harap, PRMC, physician lead for the transformation team. “NCQA recognition provides validation that our Army medical homes are meeting those standards.” The transition to the PCMH model of care is part of Army medicine’s overall shift from a health care system to a system for health.